**WORTHY MEALS BOOTCAMP WAIVER AND RELEASE OF LIABILITY**



\*\***Participant Information**:\*\*

- Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

- Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

- Phone Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

- Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

- Emergency Contact Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

- Emergency Contact Phone Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\*\***Waiver and Release of Liability**:\*\*

I, the undersigned, acknowledge that I have voluntarily chosen to participate in the Workout Bootcamp organized by Worthy Meals Bootcamp (the "Bootcamp"). I understand and agree to the following:

1. **Assumption of Risk**: I am aware that participating in the Bootcamp involves strenuous physical activity, including but not limited to cardiovascular exercises, strength training, and stretching, which may pose risks of injury, illness, or even death. I acknowledge that I am in good health and have no medical conditions or impairments that would prevent my safe participation in the Bootcamp. I voluntarily assume all risks associated with my participation in the Bootcamp, including but not limited to those arising from the actions or negligence of other participants, instructors, or third parties.

2. **Release and Waiver**: In consideration of being permitted to participate in the Bootcamp, I hereby release, waive, and discharge [Your Bootcamp Name], its officers, directors, employees, agents, instructors, and affiliates (collectively, the "Released Parties") from any and all claims, demands, damages, costs, expenses, actions, and causes of action (collectively, "Claims") that I, my heirs, executors, administrators, or assigns may have against the Released Parties arising out of or in any way connected with my participation in the Bootcamp, including but not limited to Claims for personal injury, illness, property damage, or wrongful death.

3. **Indemnification**: I agree to indemnify, defend, and hold harmless the Released Parties from and against any and all Claims, liabilities, damages, losses, costs, and expenses (including reasonable attorneys' fees) arising out of or related to my participation in the Bootcamp.

4. **Medical Consent**: In the event of an emergency, I authorize the Bootcamp staff to seek medical treatment for me and to contact my emergency contact listed above. I understand that I am responsible for all medical expenses incurred.

5. **Photography and Media Release**: I grant permission to Worthy Meals Bootcamp to use photographs, videos, or other media of my participation in the Bootcamp for promotional purposes, without compensation to me.

6. **Governing Law**: This Waiver and Release of Liability shall be governed by and construed in accordance with the laws of the state/province of California. I have read this Waiver and Release of Liability and fully understand its terms. I understand that I am giving up substantial rights by signing it, and I sign it freely and voluntarily without any inducement.

Participant Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature (if under 18): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_